



January Challenge!

Drink MORE Water!

Step 1—Pick a **Jar**

Step 2—**Label** your Jar with your name

Step 3—Fill jar about **3/4** with water

Step 4—Pick what **color** bead you want to use
(blue, purple, or pink)

Step 5—**drink** 8 oz of water (not from your jar!
Use water bottle, cup, etc)

Step 6—put a **bead** in your jar

Step 7—watch your jar fill as your beads grow!

*Leave your jar in the lunch room, bring it to your desk,
name it & take it home... it's up to you!*

1 BEAD = 8 oz H₂O

I heard the bead colors
“run” so you might want to
pick one color & stick with
it... or throw caution to the
wind & see what happens
when you mix them up ~
crazy!!



Just a few reasons to
drink more water...

Muscle fuel. Muscles that don't have enough water get tired . So for extra energy, drinking water to push through that final set of squats.

Clearer skin. Certain toxins in the body can results in clogged pores and acne . Water flushes out these toxins and can reduce the risk of pimples.

Calorie control. Water simply helps people feel full, and as a result consume fewer calories.

Fatigue buster. Move over coffee—water can help fight those tired eyes too . One of the most common symptoms of dehydration is tiredness.

**Bonus for our 2nd
Floor Friends!**
**More stairs as you
fill your water
bottles!**

You're Welcome!